



STATE EMPLOYEE HEALTH PLAN

DIRECT BILL NEWS OCTOBER 2011

DIRECT BILL TOLL FREE—1-866-541-7100
TOPEKA AREA—785-296-1715



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Direct Bill Open Enrollment

November 1 - 30, 2011

It just seems like yesterday that we were all looking at our State Employee Health Plan (SEHP) benefits and here it is that time of year again—Open Enrollment.

This year we have a few NEW things to tell you about:

- ♦ Open enrollment for Direct Bill/Retirees is from November 1 through November 30, 2011. This enrollment period is during this year's Medicare Prescription Drug Part D open enrollment period.
- ♦ Direct Bill members currently enrolled in SEHP Plans A or B no longer need to declare their tobacco use status. These members will pay the new 2012 Direct Bill rates that already include the non-tobacco use premium discount.
- ♦ Since Direct Bill members do not need to disclose their tobacco use status, **a Direct Bill member not wanting to make any changes to their SEHP coverage will not have to return any forms.** Members will automatically be enrolled in the same SEHP coverage they currently have effective January 1, 2012. For those that **do want to make changes** they can complete and return the paper enrollment form **OR**
- ♦ New **optional** online enrollment is available! For Direct Bill members that wish to make changes to their SEHP coverage, they can make those enrollment elections online through the new **Kansas Employee Eligibility Portal (KEEP)**. See additional information on the next page.



***New* - Optional Online Enrollment**

Optional Online SEHP Plan Year 2012 Open Enrollment Website **- FIRST TIME USER INSTRUCTIONS**

This year Direct Bill/Retiree Members have the **option** of completing their Plan Year 2012 State Employee Health Plan (SEHP) open enrollment elections online. Members can enroll online using any computer with Internet access – at home or at most public libraries. The **Kansas Employee Eligibility Portal (KEEP)** is an online enrollment website replacing the paper forms that are normally sent in to SEHP Membership Services.

Please note this year, if you do not wish to make any changes to your current Direct Bill/Retiree SEHP coverage, you **do not** need to return your open enrollment form or complete your enrollment elections online. You will automatically be enrolled in the same SEHP coverage you are currently enrolled in effective January 1, 2012.

Prior to completing your online open enrollment you should review all your SEHP Open Enrollment 2012 materials to become familiar with your options. This includes your “2012 Choose Your Health Benefits” booklet and the Health Plan Comparison Charts. If you have any questions regarding your benefit options, please contact our Direct Bill Specialists at: 785-296-1715 (Topeka area) or 866-541-7100 (toll free).

If you **do wish** to make changes to your SEHP coverage, starting **November 1, 2011** you can visit the KEEP website to register and setup an online account and password. The following information will provide you with step-by-step instructions on how to register and setup your account.

Before you begin the online enrollment option, make sure you have the following information ready

- A valid Email Address
- A strong Password. You create your own password. The password must be at least 6 characters long; must contain at least one letter and one number and will be case sensitive. Please keep record of your password, as you will use it again to access KEEP in the future
- Your Social Security number
- Your Date of Birth
- Your Kansas Employee ID number (included on your current coverage letter you received in your Open Enrollment materials)

Continued —→

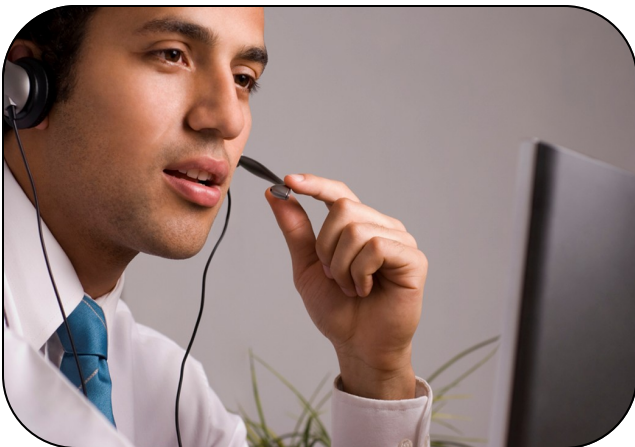


New - Optional Online Enrollment (continued)

Once you have all of the information from page 2 on hand, you are ready to register and complete your open enrollment elections.

1. Go to the online open enrollment website at:
www.SEHP/2012/RetireeDB/openenroll
2. The main login screen will appear. Click on the text that reads **"Not a Member?"**
3. The registration page will appear. Fill in the appropriate information in each text field. **ALL** fields must be completed. Once your information is entered, click **"Register Now."**
4. You will now be able to access your online account using your **Email Address** and **Password** on the login screen.

Once you are registered and logged into the system, you are ready to review and update your Personal Profile Information and complete your SEHP open enrollment elections online. Follow the instructions on each screen to complete your enrollment. Once you have completed your enrollment, please make sure you save and submit your enrollment elections and print out a copy of the summary page for your records.



Starting **November 1, 2011**, if you experience any trouble with this website, call the website Help Desk at:

1-800-832-5337 (Toll free)
913-499-4854 (Local)

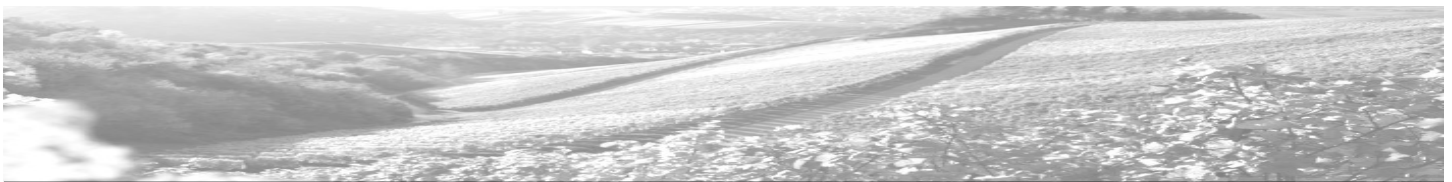
The Help Desk is open starting November 1 through November 30, 2011, 7 days a week, 7 A.M. to 9 P.M. Central Time.



Fall 2011 Direct Bill/Retiree Open Enrollment Meetings for Plan Year 2012

DAY	DATE	TIME(S)	CITY	ADDRESS	ROOM	FACILITY/ AGENCY
Monday	10/17/2011	9:30 AM	Topeka	1515 SW 10th Avenue	Marvin Auditorium Rooms ABC	Topeka & Shawnee County Public Library
Tuesday	10/18/2011	9:30 AM	Salina	2310 Centennial Road	Conference Room	College Center (2310 Centennial Road)
Tuesday	10/18/2011	1:30 PM	Salina	2310 Centennial Road	Conference Room	College Center (2310 Centennial Road)
Wednesday	10/19/2011	9:30 AM	Emporia	3301 W 18th Avenue	Meeting Room	Flint Hills Technical College
Wednesday	10/19/2011	1:30 PM	Emporia	3301 W 18th Avenue	Meeting Room	Flint Hills Technical College
Wednesday	10/19/2011	9:30 AM	Hays	1343 Fairgrounds Road	GOLD Building Meeting Room	Ellis County Fairgrounds
Wednesday	10/19/2011	1:30 PM	Hays	1343 Fairgrounds Road	GOLD Building Meeting Room	Ellis County Fairgrounds
Thursday	10/20/2011	9:00 AM	Great Bend	245 NE 30 RD	Room F-30 Fine Arts Building	Barton Community College
Thursday	10/20/2011	9:30 AM	Osawatomie	Highway 169-South 500 State Hospital	Sunflower Room	Osawatomie State Hospital
Thursday	10/20/2011	1:30 PM	Osawatomie	Highway 169-South 500 State Hospital	Sunflower Room	Osawatomie State Hospital
Friday	10/21/2011	9:30 AM	Topeka	1515 SW 10th Avenue	Marvin Auditorium Rooms ABC	Topeka & Shawnee County Public Library
Monday	10/24/2011	9:30 AM	Manhattan	Avery Drive - Fairgrounds	Konza Room - Pottorf Hall	Cico Park
Monday	10/24/2011	1:30 PM	Manhattan	Avery Drive - Fairgrounds	Konza Room - Pottorf Hall	Cico Park

More on Next Page →



Fall 2011 Direct Bill/Retiree Open Enrollment Meetings for Plan Year 2012 (cont.)

DAY	DATE	TIME(S)	CITY	ADDRESS	ROOM	FACILITY/ AGENCY
Tuesday	10/25/2011	9:30 AM	Pittsburg	3003 N. Joplin	Conference Room	Homer Cole Community Center
Tuesday	10/25/2011	1:30 PM	Pittsburg	3003 N. Joplin	Conference Room	Homer Cole Community Center
Tuesday	10/25/2011	9:30 AM	Topeka	1515 SW 10th Avenue	Marvin Auditorium Rooms ABC	Topeka & Shawnee County Public Library
Tuesday	10/25/2011	1:30 PM	Topeka	1515 SW 10th Avenue	Marvin Auditorium Rooms ABC	Topeka & Shawnee County Public Library
Wednesday	10/26/2011	9:30 AM	Topeka	1515 SW 10th Avenue	Marvin Auditorium Rooms ABC	Topeka & Shawnee County Public Library
Wednesday	10/26/2011	1:30 PM	Topeka	1515 SW 10th Avenue	Marvin Auditorium Rooms ABC	Topeka & Shawnee County Public Library
Wednesday	10/26/2011	9:30 AM	Wichita	549 S. Rock Road	South Ballroom	Holiday Inn Select
Wednesday	10/26/2011	1:30 PM	Wichita	549 S. Rock Road	South Ballroom	Holiday Inn Select
Thursday	10/27/2011	9:30 AM	Lawrence	2101 Harper Building	Building 21	4-H County Fairgrounds
Thursday	10/27/2011	1:30 PM	Lawrence	2101 Harper Building	Building 21	4-H County Fairgrounds
Thursday	10/27/2011	9:00 AM	Pratt	619 N. Main	Large Room	Community Center
Thursday	10/27/2011	2:00 PM	South Hutchinson	600 Andrew Avenue	Training Room	SRS Area Office
Friday	10/28/2011	9:30 AM	Overland Park	126th & Quivera	Regents Center Rm 110	KU Edwards Campus
Friday	10/28/2011	1:30 PM	Overland Park	126th & Quivera	Regents Center Rm 110	KU Edwards Campus



Direct Bill Call Center During Open Enrollment

The SEHP Membership Services staff and several Retiree staff are pleased to operate the Direct Bill Call Center for our Direct Bill members again this year.

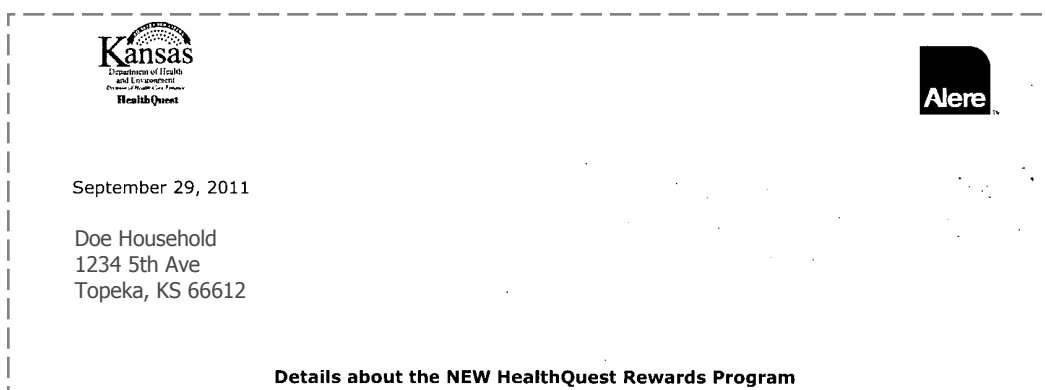
The Call Center will be operational starting October 24, 2011, and ending on January 6, 2012. Hours of operation will be Monday through Friday from 8:30 am to 4:30 pm, except for State of Kansas observed holidays.

Retirees may call the Direct Bill Call Center **toll-free at 1-866-541-7100 or (785) 296-1715 (in Topeka)** starting October 24, 2011, to receive assistance in answering questions regarding their open enrollment options. We look forward to talking to you!

HealthQuest Reward Credits NOT Required for Premium Discount

You may have recently received a mailing from HealthQuest and our wellness vendor Alere regarding the new HealthQuest Rewards Program that included a letter (similar to the one pictured below), a color flyer, and a refrigerator magnet. Please be advised to disregard the contents of this mailing. Direct Bill members *ARE NOT* required to earn credits to receive a premium discount. You may, however, still participate in the HealthQuest programs and earn credits for prize drawings. For details, visit:

<http://www.kdheks.gov/hcf/healthquest/rewards.html>



Sample image of letterhead



New HealthQuest Rewards Program

From October 1, 2011 through July 31, 2012, members of the State Employee Health Plan (age 18 and older) have an opportunity to earn credits by participating in wellness activities offered through their benefits plan for entry into prize drawings as follows:

- ♦ **November 30 Prize Drawing** - Includes everyone who has registered an account since January 2010 on the wellness portal at www.KansasHealthQuest.com
- ♦ **March 31 Prize Drawing** - Includes everyone who has earned at least 20 credits
- ♦ **July 31 Prize Drawing** - Includes everyone who has earned at least 20 credits; those who have earned more than 20 credits will be entered multiple times for more chances to win

A total of 53 winners will be selected during each drawing! There will be 1 winner of a \$100 gift card, 2 winners of \$50 gift cards, and 50 winners of \$25 gift cards.

Members may select from a wide variety of online, telephonic and in-person programs to earn credits as shown in the chart below. Credits are tracked on the member portal at www.KansasHealthQuest.com.

October 1, 2011 – July 31, 2012	Credit Value	Credit Max
Goal = 20 Credits		
Health Screening & Health Assessment (in-person/online)	10	10
Tobacco Cessation Program Completion (telephonic)	10	10
Condition Management - Enrollment + 1 call (telephonic)	10	10
Preventive Exams - Well-Woman/Well-Man (in-person/self-reported)	5	5
Preventive Exams - 2 Dental/Year, 1 Vision/Year (in-person/self-reported)	5	15
Healthy Living Programs (online)	5	15
Health Coaching - 8 Interactions (telephonic, email, IM chat)	5	5
Wellness Challenges (online)	5	15
Online Monthly Seminars (online)	2	6
HealthQuest Approved Activities (in-person, online, telephonic/self-reported)	2	6
Total Credits Possible = 97		
Total Credits Required = 20		



HealthQuest Programs

Health Screenings

HealthQuest offers three ways to obtain your biometric data through a health screening:

1. **Attend a free onsite health screening** offered by HealthQuest at many locations statewide. A simple finger stick test provides:
 - Total cholesterol, HDL, LDL and total cholesterol to HDL ratio
 - Triglycerides and glucose
 - Systolic and diastolic blood pressure
 - Height, weight and body mass index (BMI)
 - Waist circumference
2. **Schedule a preventive screening visit with your physician** that is covered at 100% when using a network provider (with no co-pay or deductible).
3. **Order an at-home screening kit** if you do not have access to a health screening event in your area. Please note that the at-home test kit does not include results for blood pressure, height, weight and waist circumference needed to complete your online health assessment.

Online Health Assessment (10 Credits)

Using results obtained from a health screening, doctor visit, or at-home screening kit, complete an online health assessment to receive valuable health information and a personal health improvement plan developed just for you.

Tobacco Cessation Program (10 Credits)

Enroll in Quit For Life, the nation's leading tobacco cessation program, and work with expert quit coaches by telephone to develop a personal quit plan. Receive an 8-week supply of nicotine patches or gum at no cost to you (if appropriate).

Condition Management Programs (10 Credits)

Condition management coaching is designed to help you manage a chronic condition to achieve your best level of health. You'll receive guidance and encouragement to support your doctor's plan of from experienced nurses. You may also be eligible to receive specialized health monitoring devices to help you better track your progress. Condition management programs are offered to those who have been diagnosed with or receive treatment for the following:

- Asthma
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease
- Diabetes
- Heart Failure

Health Coaching (5 Credits)

Health coaching is designed to support you in making positive lifestyle changes. Participate by telephone, instant message chat or email communication with a personal health coach who will provide the tools, motivation and support to help you:

- Lose weight
- Be more active
- Ease stress
- Eat healthier foods
- Gain energy
- Be more confident

Nurse 24 (2 Credits)

The nurse line is available 24 hours a day, 7 days a week for any health related question. Call toll-free 1-888-275-1205 (option 2) and speak confidentially with a specially trained nurse any time, day or night. From general health and medical information to urgent issues, Nurse 24 can help you make the most informed decisions about what to do.

Wellness Portal

Log on to the wellness portal at www.KansasHealthQuest.com for the most up-to-date health and wellness information 24 hours a day. Through the portal you can also:

- Schedule an appointment to attend a free health screening or request an at-home screening kit
- Complete an online health assessment to better understand your current health status and receive personalized feedback on how to improve your health
- Participate in fun wellness challenges that encourage healthy habits
- Access 13 different healthy living programs that guide you through a 6-week online course to help you achieve your goals
- Participate in online monthly seminars on a variety of wellness topics
- Self-report your preventive screening visits and HealthQuest approved activities to earn credits

For More Information

HealthQuest Rewards Program Details:

www.kdheks.gov/hcf/healthquest

Track Credits on Wellness Portal beginning October 1, 2011: www.KansasHealthQuest.com

Important Reminder about Your Mailing Address & Contact Information

Please be sure that your most current physical address, phone number and e-mail address (if you have one) is on file with the SEHP. This is to ensure that you receive important information about your Direct Bill health insurance in a timely manner.

If you are enrolled in SilverScript prescription drug coverage or with either Coventry Advantra or Humana, CMS (Centers for Medicare and Medicaid Services) requires members to have a physical address and not a PO Box. If the address listed on file with SEHP is a PO Box, please contact our office to update this information.



State Employee Health Plan DIRECT BILL and RETIREE Plan Year 2012 Open Enrollment Survey

ONCE AGAIN WE WOULD LOVE TO HEAR FROM YOU!

Again this year, we would like to hear from you about your Open Enrollment experience with the plan information and the enrollment process. We hope to use your feedback to further improve the plan information and enrollment process for the next Open Enrollment period.

This year we are conducting our survey during our open enrollment period. We hope this makes it easier for you to comment. You have several ways you can complete the survey. Your **first option** is to complete the survey online by going to the following link: www.surveymonkey.com/s/directbill2012. The online survey will remain open until December 10, 2011.

Your **second option** would be to complete the survey that follows on the next several pages and mail it back to:

**State Employee Health Benefits Program
900 Jackson St., 9th Floor
Topeka, KS 66612-1220**

Or fax it to us at:
785-368-7180

As a **third option**, you may bring this survey with you to an Open Enrollment meeting and turn it in there.

Thank you in advance for your participation!

Continue to Survey →

Direct Bill PY 2012 Open Enrollment Survey

1. Did the Open Enrollment materials help you to understand your health benefits?

- ☐ Yes
☐ No

2. Was the information in the Open Enrollment materials clear to you?

- ☐ Clear
☐ Somewhat clear
☐ Adequate
☐ Not clear at all
☐ Too much information

3. Did the Open Enrollment materials provide you with enough information to make well informed decisions on your health benefits choices?

- ☐ Yes
☐ No

4. Did you use the health plan information on the State Employee Health Benefits Plan web site in addition to the printed materials?

- ☐ Yes
☐ No

5. If you used the health plan information on the State Employee Health Benefits Plan web site, did you find the information informative, helpful, and easy to locate?

- ☐ Very informative and helpful
☐ Somewhat informative and helpful
☐ Slightly informative and helpful
☐ Not helpful and informative at all
☐ I did not use information from the web site

Direct Bill PY 2012 Open Enrollment Survey

11. How satisfied were you with the Open Enrollment materials?

- ☐ Completely satisfied
- ☐ Somewhat satisfied
- ☐ Somewhat dissatisfied
- ☐ Dissatisfied
- ☐ I did not use the Open Enrollment materials

12. Please tell us what you think we can do to improve the Open Enrollment materials.

13. How satisfied were you with the Open Enrollment process?

- ☐ Completely satisfied
- ☐ Somewhat satisfied
- ☐ Somewhat dissatisfied
- ☐ Dissatisfied
- ☐ No opinion

14. Please tell us what you think we can do to improve the Open Enrollment process.

15. Was the pre-printed Enrollment Form that was provided with your information helpful to you?

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Not helpful
- ☐ I did not use the pre-printed Enrollment Form
- ☐ I did not receive a pre-printed Enrollment Form
- ☐ No opinion

16. Please tell us what you think we can do to improve the pre-printed Enrollment Form.

Direct Bill PY 2012 Open Enrollment Survey

17. Did you attend an Open Enrollment meeting?

- ☐ Yes
☐ No

18. If you attended an Open Enrollment meeting, did you find that the information presented was helpful to you in understanding your health plan options?

- ☐ Very helpful
☐ Somewhat helpful
☐ Not helpful
☐ I did not attend any of the meetings
☐ No opinion

Other (please specify)

19. Did you know who to ask if you had questions?

- ☐ Yes
☐ No

20. Please tell us what you think we can do to improve the open enrollment meetings.

21. The SEHP currently offers members the choice of approximately 5 different VENDORS (Blue Cross, Coventry, etc). Do you think the current number of vendor choices is appropriate?

- ☐ Adequate number of vendors offered
☐ Reduce the number of vendors offered
☐ No opinion
☐ Not sure

22. The SEHP currently offers members the choice of approximately 5 different PLAN DESIGNS (Plan A, B, Senior Plan C, etc). Do you think the current number of choices is appropriate?

- ☐ Adequate number of plan designs offered
☐ Reduce the number of plan designs offered
☐ No opinion
☐ Not sure

Direct Bill PY 2012 Open Enrollment Survey

23. What factor(s) impacted your decision to select the plan of benefits you chose for 2012? [Check all that apply]

- ☐ Level of benefits (deductible, co pays, etc.)
- ☐ Cost
- ☐ Personal needs
- ☐ No opinion
- ☐ Not sure

Other (please specify)

24. What factor(s) impacted your decision to select your vendor (Blue Cross, Coventry, etc.)? [Check all that apply]

- ☐ Strength of network providers
- ☐ Vendor's customer service
- ☐ Vendor's speed of claims payment/handling
- ☐ Vendor reputation
- ☐ Familiarity with the vendor

Other (please specify)

25. If you changed health plan vendors and/or plan design, what was your primary motivation/reason for making the change?

26. Did you telephone the Direct Bill Call Center?

- ☐ Yes
- ☐ No

27. If you telephoned the Direct Bill Call Center, was your call answered promptly?

- ☐ Yes
- ☐ No
- ☐ Didn't call

Direct Bill PY 2012 Open Enrollment Survey

28. If you telephoned the Direct Bill Call Center, did you receive satisfactory answers to your questions?

- ☐ Yes
☐ No
☐ Didn't call

29. The SEHP plans to offer a web site on the internet for you to enroll in your health coverage. If a web site on the internet is offered, will you use it to enroll in your health coverage?

- ☐ Yes
☐ No
☐ Don't have internet access

30. Please tell us if there is a benefit or topic that you would like to have more information about.

Social Security Field Offices to Close a Half Hour Early

from SSA.gov

Social Security Field Offices to Begin Closing to the Public a Half Hour Early Congressional Budget Cuts Force Reduced Public Hours

Effective August 15, 2011, Social Security field offices nationwide will close to the public 30 minutes early each day. For example, a field office that is usually open to the public Monday through Friday from 9 a.m. to 4 p.m. will close daily at 3:30 p.m.

"While agency employees will continue to work their regular hours, this shorter public window will allow us to complete face-to-face service with the visiting public without incurring the cost of overtime for our employees," said Michael J. Astrue, Commissioner of Social Security. "Congress provided our agency with nearly \$1 billion less than the President requested for our budget this fiscal year, which makes it impossible for us to provide the amount of overtime needed to handle service to the public as we have in the past."

Most Social Security services do not require a visit to an office. For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform us of a change of address or telephone number may do so at www.socialsecurity.gov or by dialing our toll-free number:

1-800-772-1213 (TTY 1-800-325-0778).

Word Search

State Employee Health Plan

Newsletter Highlights

T	S	D	A	S	A	D	D	R	E	S	S	K	U	R
Y	P	U	A	U	S	T	R	A	H	C	Y	N	B	E
Y	T	I	R	U	C	E	S	L	A	I	C	O	S	T
L	E	F	R	E	T	D	N	Y	B	B	I	V	L	N
A	L	V	O	C	N	U	Y	L	S	M	X	E	E	E
T	K	W	R	O	S	I	M	Z	L	Q	A	M	A	C
R	O	F	E	U	T	R	L	N	S	E	Z	B	V	L
O	O	V	F	J	S	B	E	N	C	O	W	E	E	L
P	B	F	O	R	M	S	A	V	O	Z	D	R	S	A
O	P	E	N	E	N	R	O	L	L	M	E	N	T	C
S	G	N	I	T	E	E	M	T	L	I	D	D	L	S
S	C	A	R	E	C	R	O	W	X	Z	S	R	V	I

Forms

Survey

Wellness

Autumn

Booklet

Address

SocialSecurity

Leaves

Charts

Meetings

SilverScript

Scarecrow

Online

November

CallCenter

Football

Portal

OpenEnrollment

See if you can find all the key terms listed above, many of which were focused on in this edition of the Direct Bill Newsletter.



Building Better Health for **Seniors**

National Immunization Awareness Month

Vaccines (immunizations) are important for all ages. They can protect you and your family from certain illnesses. The vaccines you need depend on your age, lifestyle, health conditions, places you travel, and what vaccines you've gotten in the past.

Here is a list of vaccines that most adults should get.

Influenza (flu). All adults should get this each year. Adults aged 65 or older may get either the standard or high-dose vaccine.

Pneumococcal polysaccharide (PPSV). This protects against a serious lung disease called pneumonia. All adults aged 65 or older and anyone living in a nursing home should get this vaccine. People younger than 65 years who smoke or have certain health conditions may also need this vaccine.

Tetanus, diphtheria, pertussis (Tdap). This protects you from 3 illnesses, including whooping cough (pertussis). A one-time dose is recommended for most adults younger than 65 years. Health care workers and adults who spend time with infants should also get one. Adults aged 65 and older may also get a Tdap shot.

Herpes zoster (shingles). A one-time vaccine should be given to adults aged 60 and older.

You may also need vaccines for hepatitis A and B (HepA and HepB); measles, mumps, and rubella (MMR); meningitis; and varicella (chickenpox). Ask your doctor which vaccines are right for you.

BUILDING BETTER HEALTH FOR SENIORS

Ask an Expert

Question: Why do I need to get a flu vaccine each year?

Answer: The influenza (flu) vaccine can protect you from the flu and help you stay healthy. There are 2 main reasons you need to get this vaccine every year. First, the



types of flu virus may change from one year to the next. This means the vaccine from last year may not protect you against this year's flu virus. Scientists research and

update the flu vaccine each year based on the most common flu viruses in the air.

The flu vaccine helps your body fight against flu viruses. This is called immunity. Immunity from the flu shot lessens over the course of a year. This is the other reason why you need a flu shot every year. You can start getting the vaccine as soon as it is available. And, it's never too late to get vaccinated.

Question: Can I catch the flu even if I get a flu vaccine?

Answer: The flu vaccine can lower your chances of catching the flu. However, if you do get the flu, it will probably be a milder case.

In the News

Diagnosis of Alzheimer's Disease

For the first time in nearly 30 years, the guide doctors use to diagnose a patient with Alzheimer's disease (AD) has been updated.

In the past, AD was diagnosed only if memory loss was severe enough to affect a patient's daily life. This is called dementia due to AD. The new guide adds 2 earlier stages that can be used to identify AD.

Preclinical. A patient has no signs of memory loss. But, there may be changes in biomarkers. Biomarkers are things in the body that can be measured by a test. They may help predict whether a person develops AD in the future. Only scientists studying AD deal with this stage.

Mild Cognitive Impairment (MCI). A patient has some loss of memory that friends and family may notice. The change is not enough to affect daily activities, such as cooking. Many, but not all, patients go on to the dementia stage.

If you know someone who already has AD, the new guide doesn't really change anything. But, it does give doctors a tool for identifying MCI, an earlier stage of AD.

For more information about Alzheimer's disease, you can visit the Alzheimer's Association Web site at www.alz.org.



Generic Medicine Update



Generic medicines have the same active ingredients, dosage forms, and strengths as their corresponding brand-name medicines. They meet the same quality

standards and are as safe and effective. Why do they cost less? The companies that make generic medicines save on the cost of research and development that was performed by the company that makes the brand-name medicine. This means they can sell the generic medicine for less. You may have a lower copayment* for a generic medicine.

The following are some generic medicines that have recently become available. Talk to your doctor or pharmacist to see if taking a generic medicine is right for you.

Brand Name	Generic Name	What It May Be Used For
Xibrom®	bromfenac	Pain after cataract surgery
Xalatan®	latanoprost	Glaucoma

This table contains references to brand-name prescription drugs that are trademarks or registered trademarks of pharmaceutical manufacturers not affiliated with CVS Caremark.

* Copayment, copay, or coinsurance means the amount a plan member is required to pay for a prescription in accordance with a Plan and may be a deductible, a percentage of the prescription price, a fixed amount, or other charge, with the balance, if any, paid by a Plan.

Staying Healthy

Avandia-Rosiglitazone Medicines Access Program

The US Food and Drug Administration (FDA) is changing how you get diabetes medicine that contains rosiglitazone (Avandia®, Avandamet®, Avandaryl®, and their generics). Starting November 18, 2011, you must order the medicine through the mail from a certified pharmacy.

Why? Taking rosiglitazone may raise your



chance of having a heart attack. Because of this safety concern, the FDA is limiting the drug to 2 groups of patients:

1) people already using it without a problem, and 2) people whose blood sugar (glucose) is not controlled by other medicines, who know about the safety issue, and who still choose to use it.

Here are some steps to take if you or someone you know uses rosiglitazone.

- Talk to your doctor soon. Ask about the pros and cons of using this medicine. Decide whether you should keep using it.
- If you will keep using it, your doctor needs to sign you up in the Avandia-Rosiglitazone Medicines Access Program.
- Your doctor also needs to join the program to prescribe the medicine to you.

For more information, visit the Avandia Web site at www.avandia.com or call 1-888-825-5249.

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